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The 4-H Green Express

For 4-H Program
Information
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IFAS Extension - University of Florida Institute of Food and Agricultural

Leader - Volunteer Meeting

Our 2009 -2010 leaders meetings have been very informative as business stayed extremely eventful. We have touched on fair projects, 4-H youth events, 4-H benefits and fundraisers, community service and 4-H meeting schedules. Miss Christi and Ms. Cherie appreciate all the hard work, dedication, and support our volunteers and leaders gave to the youth in the community and to this organization as a whole.

The last leaders meeting was held on May 3rd and everyone gave input on the upcoming events for the 2010 - 2011 year and summer camps. The 4-H year begins on September 1st and ends August 31st. During the summer most traditional clubs break and summer events occur. The summer events include: Day camps, JFCA Competitions, 4-H congress and etc. This year Miss Christi will be traveling outside of the box with some of her day camps. Please see the camping section for events to choose from.

Tropicana / 4-H Public Speaking Contest

The county 4-H Tropicana Speech contest was held on May 26th at the Turner Exhibit Hall. The amount of people who showed up to support this event totaled 48 (36 guests and 12 contestants).

Moving on, after the first 2 or 3 speeches were given it was clear to see that all youth had stepped up and it was going to be a close race. The youth exhibited great poise and speaking ability, an asset that is imperative in all life situations. In addition, it was notable that the parents, teachers and schools had gone to great lengths to help their students in the creative writing department; as well as, public speaking. They all deserve a pat on the back.

The winners include (DMS) 1st Grant Potter, 2nd Hunter Altman, 3rd Kelly Keene, 4th Sarah Bennett; (Elm.) 1st Misael Menendez, 2nd Lauren Willard, 3rd Patricia Roxas, 4th Eduardo Cisneros. However, a congratulations and a job well done goes out to all the Tropicana Speech contestants.

Congress

DeSoto County 4-Hers will attend Congress the week of July 26th – 30th. This event is where a limited amount of 4-H youth from across the state make their way to the University of Florida campus for “Florida 4-H Congress”. Throughout the week youth participate in competitive events, leadership programs, sustainability programs, and other educational workshops. Moreover, the state competitive events are where the best of the best showcased their skills through demonstrations, judging events, scholarship portfolios, and award interviews.

This year our county will send two 4-H youth; William Crites and Zachary Knight to compete and one district finalists to participate in the educational programs. William was a District X - Public Speaking winner and Zachary Knight a computer science illustrated talk, event winner. Both the youth will represent our county as state voting delegates and as competitors. In addition, both the youth will attend leadership workshops, in which they hope to bring back the useful information to their clubs.

4-H Fundraisers & Benefits

The Beaks and Bills poultry club held their spring swap meet on May 15th at the Fairgrounds. This event allowed 4-H youth to fellowship with breeders from across the state, learn educational information on breed varieties, and fundraise a small amount for their club. Moreover a numerous amount of birds were purchased and everyone enjoyed them selves.

The Traildusters club also held a fundraiser the very same weekend. They had a Barrel Racing jackpot which allowed them to raise money for future show purposes. This club is really taking off as they are striving to educate youth in horsemanship experiences and put DeSoto youth back in the saddle.

4-H Community Service / Habitat 4 Humanity

On April 10th Habitat for Humanity put together a community fundraiser to create funds for housing projects in the DeSoto community. This Fundraiser was called, “DeSoto Has Talent”. This event consisted of Dinner and a show of talented contestants. Our county 4-H program provided 25 youth volunteers to serve dinner which helped make this event a success. In addition, Miss Christi received numerous phone calls about the individuals serving and how they did an amazing job. Adult volunteers and participants were extremely impressed with the courtesy and capability of the 4-H youth. Furthermore, if you participated in this event please know you were much appreciated and talked highly of.



County Events / District

DeSoto County started their competitive events on April 6th with "County Events." This is where all 4-H youth are welcome to participate in a friendly competition and display knowledge that they have learned. The speeches and demonstrations given this year were amazing; as proof that the judges opted for all youth to receive blue ribbons and compete at the District level.

District events was held Saturday May 1st, in Highlands County. The youth that choose to participate in this event again, did really well. Two seniors were granted the opportunity to participate at the congress. DeSoto 4-H was very proud of them.

4-H Scholarships

DeSoto County 4-H offers two separate scholarships to active 4-H members. The Susie Brewer scholarship and the Mary Rutter scholarship.

This years recipients were Sorrel and Blaze Hale. DeSoto 4-H is very proud of these two girls for all they have done. Their hard work and dedication to the 4-H program was always much appreciated and we wish them the best of luck in furthering their education and in life's' journeys.

CONGRADULATIONS GIRLS!!

Tater Hill Fun Shoot

The DeSoto County Chamber of Commerce, in conjunction with Sea Coast National Bank & Mosaic are proud to offer the community the "TATER HILL FUN SHOOT", a friendly skeet shoot opportunity. This event will be held Saturday, June 19, 2010, 8:30am at Square One Sporting Clays. (7500 SR 70 West, just east of the DeSoto/ Highlands County line) There will be a delicious lunch served which consists of BBQ Ribs/Chicken served with all the fixings. Participation Levels include; a **Gold Sponsorship** \$500 – (houses up to 6 shooters, lunches, use of a shooting cart, Gold Sponsorship signage and recognition during awards ceremony), a **Team Sponsorship** \$325 – (houses 4 shooters, lunches, and a station sponsorship sign on course), a **Station Sponsorship** \$50 – (includes business sign on a station), an **Individual Shooter** \$65 – (includes 100 target shooting round and lunch), and/or **Lunch Only** \$20. All levels include one raffle ticket per shooter registered. Furthermore, this should be a great shooting and fellowship experience. If you have any questions please call the DeSoto County Chamber Office at 863-494-4033, or e-mail: desotochamber@embarqmail.com

Summer Fun activities

Sea Camp - This is a three day – day camp that will be held August 3rd through Aug. 5th. The camp includes a trip to Sarasota (Siesta Beach) where youth will learn about coastal ecosystems, a fun day at Mote Marine where we will participate in a youth marine eco tour, and a trip to Seaworld to learn about aquatic life. This camp is open to 4-H youth or youth interested in becoming 4-H members. The capacity of the camp will be limited at 20 youth, ages 8 to 18. The cost of the camp will be 75.00 per child. This does not include lunch costs or extra amenities. If you are interested in signing up for this camp please contact Miss Christi @ 863-993-4846 or cpryor@ufl.edu

3rd Annual Youth Field Day (Hosted by the Ona research Station and the SF Beef Forage Program) – This annual event will be held June 29th at the Ona research station. The classes were designed to give older students more in-depth, technical, hands-on instruction to strengthen their knowledge in a variety of agriculture disciplines. This year many of the classes will give instruction in beef cattle health and production.

This event is structured for mature student's ages of 8 – 18 years. To maximize the quality of class instruction, class sizes will be limited to 32 students; therefore, only 250 student slots are available for this field day. All students and adults attending MUST register. The \$10 registration fee includes a t-shirt, lunch, and class literature.

Each of the 250 students will be assigned to one of eight groups of 32 students each. Students will be randomly assigned to groups- placement with a friend can be requested. Each group will be guided throughout the day by their own personal Youth Field Day (YFD) Group Leader. These adult volunteers will lead their assigned students to classes and help them with any questions they may have. All students will attend the same classes during the day, just at different times. For more info please call Andrea at (863) 735-1314.

4-H Sewing Day Camp – This is a once a week day camp conducted by Janet Howard. It will start Wed. June 16th and last through till August. For further detail, please contact Christi at the extension office 863-993-4846

Anglers Fishing Trip (for 4-H fishing club members) –The anglers fishing club is planning a canoe trip on July 10th. The 4-h kids will need to bring there own lunch and drinks. The club will be meeting at canoe outpost. The time is T.B.A. They will also be taking the kids camping on August 14th. Details on that activity will soon follow. A head count is needed for the canoe trip so please call Mr. James or Mrs. Becky to confirm your spot. The August camping trip will be the clubs last meeting for the year.

***“Minor”* First Aid**

For the Active Summer 4-H'er

During the summer months when we are all finding new ways to have fun; it's important to have some minimal first aid knowledge, so that one can be prepared for the unexpected. Cuts and grazes are part of growing up. Therefore, small wounds are usually easily treated at home with a little first aid and lot of TLC.

The aim of first aid is to promote healing and to minimize the risk of infection. Moreover, large or severely bleeding wounds need immediate medical attention as blood loss can lead to falling blood pressure and shock.

Home treatment

Minor wounds

- Wash your hands before handling a wound or wear sterile disposable gloves.
- Most minor wounds will stop bleeding on their own, or after applying some direct pressure for a few minutes with a gauze pad. Don't lift the pad continuously to check whether bleeding has stopped – this will damage blood clots that may be forming.
- Hold the wound under cool running water to remove dirt or bits of grass and to assess how deep it is. Remove dirt particles with the corner of a sterile gauze pad or sterile tweezers. You can sterilize the end of tweezers over an open flame. Let it cool before using it.
- Use gauze to clean the skin around the wound. Wipe away from the wound and use a new pad with each wipe. Pat the area dry and apply antiseptic ointment, such as Polysporin or BC56, to the wound. Applying alcohol, hydrogen peroxide, mercurochrome or iodine onto a wound can delay healing and should be avoided.
- Consider putting a bandage, such as an adhesive strip, on the cut or graze, especially on the hands, legs and feet. Always put an adhesive strip across a cut, and not lengthwise. Do not cover with cotton wool. Alternatively, close the wound with sterile wound closure strips if stitches are not required (see box). An antiseptic spray may be used for grazes.
- Change the bandage at least once a day or more often if it gets dirty or wet. When the wound forms a scab, a bandage is no longer necessary. Witch hazel or aloe vera cream may soothe a simple wound.

See a doctor if:

- a cut continues to bleed through the bandages, even after applying pressure for 15 minutes
- the wound has removed all layers of the skin
- stitches are required (see below)
- there is numbness in the area, weakness or loss of function in the fingers, toes or limb beyond a wound, or if the skin near the wound turns cold, blue or white
- the wound has been heavily contaminated with dirt or gravel, and the injured person is elderly, a diabetic or has a long-term illness
- you are unsure whether all foreign bodies, such as glass, wood, or dirt have been removed
- the injured person has not had a tetanus injection in the past ten years (five years in the case of a very dirty wound). A tetanus booster has to be given within two days of the injury.
- the wound is on the face or neck, if it is a puncture wound or caused by an animal or human bite
- the wound is very dirty and injured person is a diabetic or has other long-term illnesses.
- there are signs of infection. Remember that an infection will only be obvious after a day or two
- the wound has not healed after two weeks. Minor facial wounds usually take three to five days to heal, wounds on the chest and arms should take between five and nine days, and the leg wounds, seven to twelve days.

When stitches are required

Stitches may be necessary if: The wound edges do not come together easily

- The wound is deep (more than ½ cm), gaping or has a jagged edge
- The wound is longer than 2 cm and deeper than ½ cm
- Muscle, fat or bone is visible
- There are deep cuts on the face, scalp, hands or joints

Sources: <http://www.health24.com>

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“I Pledge
My Head to
Clear Thinking,
My Heart
to Greater Loyalty,
My Hands
to Larger Services,
My Health
to Better Living,
For my Club,
My Community,
My Country,
and My World.”

JUNE

- 16 Sewing Camp Starts
- 18 Youth Field Day Reg. Due - <http://rcrec-ona.ifas.ufl.edu/events/yfdregform>.
- 19 Jr. Cattlemens Quizbowl Practice – 10:30am – Miss Christi’s
- 19 Tater Hill Fun Shoot – 8:30am – Square One Sporting Clays

FATHERS DAY

- 21 Jr. Cattlemens Quizbowl Practice – 10:30am – C.E.O.
- 22 Jr. Cattlemen Leave for State Competition – 8:00am – C.E.O.
- 29 Youth Field Day – 8:00am – Ona Research Station

JULY

- 10 Anglers Fishing Club – Canoe Trip - Canoe Outpost
- 26-30 State 4-H Congress – Good Luck Zack & William!!!

AUGUST

- 3-5 4-H Sea Camp Starts – 20 spots Available
- 14 Anglers Fishing Club - Camping Trip – Details TBA
- 23 School Starts

We're on the Web!

See us at:

<http://desoto.ifas.ufl.edu/>

About Our Organization.....

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